

AMENDMENT TO THE SPECIFICATION

Please add to the end of the specification the following Abstract:

ABSTRACT

A seat for aircraft and land vehicles that is light, adjustable and dimensionally stable and has good damping properties. The seat comprises a seat shell having at least one guide integrated into the seat surface for holding an aid frame. A base frame comprising compression and tension members is attached to the base of the vehicle and has an additional lateral member which is located forward and at the front. The aid frame is formed from two longitudinal members and at least one lateral member, where the front ends of the longitudinal members are rotatably attached to the additional lateral member of the base frame.